

**NYSD fixture @ Caedmon School Whitby. Airy Hill,
Whitby, Y0211QA**

Sunday 4th November 2018

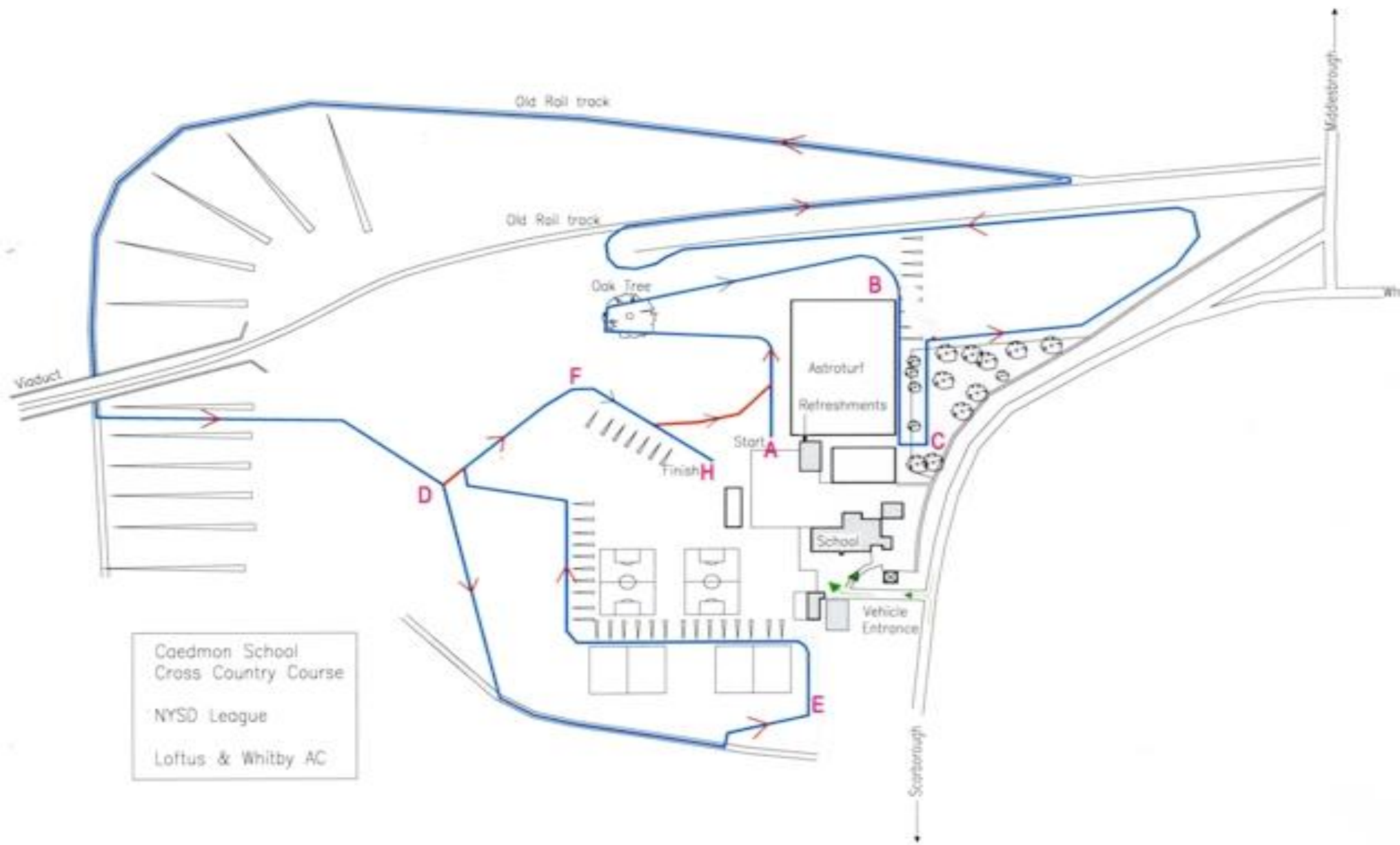
TIME TABLE

11.00	U11 Boys & Girls	1.2k	1 small lap
11.15	U13 Boys & Girls	3.0k	1 large lap
11.35	U15 Boys & Girls	4.2k	1 small + 1 large laps
12.00	U17 & S.Ladies	5.4k	1 medium + 1 large laps
	+ U17 Men & Over 65 Men		
12.30	Senior & Vet Men	9.0k	3 large laps

Small lap A B C F

Medium lap A B C D F

Large lap A B C D E F



Caedmon School
 Cross Country Course

NYSO League

Loftus & Whitby AC